

What is claimed is:

1. An improved antisense oligonucleotide, the improvement comprising the presence of one or more POPS block.
2. The improved antisense oligonucleotide according to claim 1, wherein the oligonucleotide is a hybrid oligonucleotide.
3. The improved antisense oligonucleotide according to claim 1, wherein the oligonucleotide is an inverted hybrid oligonucleotide.

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